

Wyoming On Wellness

VOL. 29, NO. 4

"Commit to Your Health"

FALL 2009

Be Healthy, Have Fun and Save Money!

October 1st Begins Healthier WY 2nd Year - The State of Wyoming employee wellness program, Healthier WY will begin its 2nd year on October 1, 2009 for a premium discount for plan year 2011. You can increase your knowledge, learn about health concerns and have fun too! And reduce your health care premiums by \$480 a year if you participate and comply with the program.

THE PROGRAM CONSISTS OF THREE COMPONENTS:

1. **Complete three** out of the six every other month challenges
2. **Complete a Health Assessment** at www.mygreatwest.com
3. **Have an annual wellness physical** with a licensed health care provider

THE FOLLOWING ARE THE NEW CHALLENGES FOR THE 2009-2010 PROGRAM YEAR:

- **Healthy Lunch Club** - October 2009 (eating better) receive Fast Food Guide
- **Scrubadub** - December 2009 (hand washing) receive hand sanitizing wipes
- **Test Your Rest** - February 2010 (hours of sleep) receive relaxation CD
- **Be Ready** - April 2010 (emergency planning) receive personal first-aid kit
- **Read The Label** - June 2010 (nutrition facts, meal planning) receive Nutrition Fact booklet
- **Healthy Dinner Club** - August 2010 (portion control) receive portion plate

Each monthly challenge will again have compliance days per challenge that you must log/tracking on-line or on your personal log/tracking sheet that is

mailed to your home. These monthly challenges have a start and end date and each challenge must be completed in the month they are offered - sorry no exceptions.

You must complete three out of six different challenges between October 1, 2009 and September 30, 2010 to qualify for the 2011 premium discount.

For more information - watch for an Invitation to Participate to come to your home address during the month of September or log onto www.healthierwy.org for complete details of the entire Healthier WY Program.

Don't procrastinate - register today!!

*For questions, contact
Tammy Till, State Wellness Coordinator
at 307-777-6716.*



Testimonials

FROM THE FIRST YEAR OF
HEALTHIER WY PROGRAM...

"I like the small steps; I think the overall program is surprisingly good. Somehow little constant daily reminders, small things that one can do instead of large reforms all at once, are going to be more successful making people habitually mindful of behaving in healthy ways."

"I'm so glad Wyoming is investing in its employees this way."

"Love the State's efforts to motivate healthier lifestyles! I have learned so much and feel so much better."

(continued on page 8)

Strategies for beating stress

See page 6...



Inside this issue

eating well.....	2
fitness.....	3
news you can use.....	4 & 5
health yourself	6
take care.....	7

eating well

GOOD OL' GREENS

Loaded with nutrition from A to Zinc

DARK, LEAFY GREENS ARE:

- **Packed with the disease-fighting** vitamins A, C, & E
- **A good source of bone-building** calcium, magnesium, and vitamin K
- **High in fiber** and low in calories
- **Rich in folic acid** to help prevent birth defects; potassium to help control blood pressure; and zinc, which helps build a healthy immune system

Smart Living

When dining at a buffet, use a small plate and fill up on fruits and vegetables first.

Beyond spinach: enjoy these other healthy greens

ARUGULA

Its hearty, peppery flavor and small, delicate leaves make arugula a good choice to mix in salads or put on sandwiches.

COLLARDS

A member of the same family as broccoli and cabbage, collards have a slightly bitter flavor. Their smooth, sturdy leaves hold their volume better than spinach, but they usually take longer to cook.

KALE

Its crinkly leaves have a mild, cabbage-like flavor with a peppery zip; also retains its size when cooked.

SWISS CHARD

From the same family as beets and spinach, Swiss chard has a similar taste; wide, dark green leaves with stalks that come in white, yellow, and red.

HOW TO SELECT, STORE, AND COOK

- **Look for greens** that have been stored on ice or in a cool place.
- **Leaves should be brightly colored** and unwilted, with no signs of yellowing or browning.
- **Wrap greens** in a damp paper towel and store in a plastic bag in the refrigerator.
- **Most greens will stay good** for three to five days after purchase. Some can develop a bitter flavor if stored too long.
- **To preserve nutrients**, steam greens in a small amount of water or sauté in a small amount of olive oil. Flavor with garlic, lemon, and other seasonings.

Sources: *Nutrition: Concepts and Controversies*, by Frances Sizer and Eleanor Whitney; Thomson Wadsworth Publishing; *Whole Foods Markets*; *World's Healthiest Foods*, www.wbfoods.com



Wilted Spinach with lemon and pine nuts

SIMPLE AND NUTRITIOUS.

WILT THE SPINACH QUICKLY TO AVOID OVERCOOKING.

- 1 large bunch spinach, about 12 cups
- 1 Tbsp. extra virgin olive oil
- 1 to 2 garlic cloves, finely chopped
- 2 tsp. fresh lemon juice
- Salt and pepper
- 1 Tbsp. pine nuts, toasted

Sort through the spinach, discarding stems and bruised or yellow leaves. Wash spinach in plenty of cold water. If it's sandy, wash a second time, then spin dry. Heat oil in a large sauté pan over medium-high heat. Add garlic and lemon juice and sauté for 1 minute. Turn the heat to high and add the spinach, 1/4 tsp. salt, and a few pinches of pepper. Wilt the spinach, tossing with tongs to coat the leaves with the hot oil and garlic. (The water left on the leaves after washing will help it to wilt quickly.) Toss in the pine nuts and add salt and pepper to taste. Serve immediately.

Serves 4. Per serving: 70 calories, 3 g protein, 4 g carbohydrate, 5 g total fat, less than 1 g saturated fat, 2 g fiber, 360 mg sodium.

Source: Reprinted with permission from *Whole Foods Market*, www.wholefoodsmarket.com

fitness

FAST & FUN FOR EVERYONE

10 great reasons to play table tennis

1 It gets your heart pumping.

A fast-moving, high-spirited game burns about 300 calories an hour. That's the equivalent of a 27-minute power walk or 32 minutes of light gymnastics.

2 The quick hand and eye movements sharpen reflexes.

3 It's a gentle, non-impact sport that's easy on your body.

4 Almost anyone can play, so families can enjoy it together.

5 You can play it all your life, and you can pick it up at any age.

6 Games won't be canceled because of the weather, since it's usually played indoors.

7 It keeps your brain mentally sharp as you age, because it requires thinking, planning, and strategizing.

8 The cost of a table is relatively low if you want to put one in your home and have the space.

9 It's a workout for your upper and lower body.

10 Table tennis clubs give you a way to socialize and meet new people. To find one in your area, go to www.usatt.org.

Source: USA Table Tennis, www.usatt.org



DON'T JUST SIT THERE...

Stand up whenever you can

Standing burns twice as many calories as sitting.

It may also increase "good" cholesterol and stimulate enzymes that burn fat. The rates of obesity and heart disease also double for people who sit for long periods of time. Since you tend to pace when standing, you automatically move more.

If you work at a desk, stand up and take frequent breaks if possible. Other ways to get on your feet: Stand up when you talk on the phone. Stand at children's sports events. Hide the remote and get up to change channels when watching television.

Sources: American Heart Association; University of Missouri



STEADY ON YOUR FEET

Simple exercises to improve balance

- **Walk with a book on your head.**
- **Stand on one foot while waiting in line at the grocery store or bus stop.** Alternate your feet frequently.
- **Walk heel to toe.** Place one heel directly in front of the toes on the opposite foot as you take each step.
- **Stand up and sit down without using your hands.**

Good balance helps prevent falls and injuries, especially for older adults. Yoga, martial arts, and weight machines that strengthen your back and leg muscles are other ways to improve balance.

Source: National Institute on Aging



health news

Doc Talk

Pet Therapy

At the Community Health Center where I work, patients young and old often are comforted by contact with Barnabus, our pet therapy Labradoodle. He is a reminder of how pets can improve your health. Pets can reduce stress and help prevent loneliness. They can also help lower blood pressure and decrease cholesterol and triglycerides. Pets may even increase life expectancy among people who have had heart attacks. Dogs bring the added benefit of getting us owners to walk more.

For all their benefits, however, pets are not without risks. Animals with fur and feathers may provoke allergies or asthma. Reptiles such as snakes, turtles, and lizards carry bacteria that can cause infections in people, such as salmonella. Cats can carry a parasite that causes the infection toxoplasmosis. The risk for all of these infections is higher in infants, the chronically sick, and very old people.

To make the safest choice when choosing a pet for your household, consider the following:

- **Avoid reptiles** for young children, the chronically sick, and older members of the household.
- **Women of child-bearing age should avoid soiled cat litter.**
- **Avoid wild or non-domesticated animals.**
- **Check dogs and outdoor cats for ticks** and have them wear effective tick collars.

With planning and proper care, pets can offer a great benefit to human health.

William J. Mayer, MD, MPH
Medical Editor

*Do you have a subject you would like the doctor to discuss?
E-mail DocTalk@HopeHealth.com.*

flaxseed & omega-3s

Sprinkle flaxseed into cereals, over green salads, or into a breakfast smoothie. The hearthealthy omega-3 oils found in these tiny seeds can help reduce your risk for heart disease, boost your immune system, and help prevent irregular heartbeats.

You can buy whole or ground flaxseed. Flaxseed flour can be used to replace some of the wheat or other types of flour used to bake breads and muffins.

Fatty fish like salmon or mackerel, as well as walnuts and soybeans, are also good sources of omega-3 oils.

Source: American Dietetic Association

a word to the wise

Carefully read restaurant menus for clues to fat and calorie content.

The words baked, braised, broiled, grilled, poached, roasted, and steamed can mean less fat and calories.

learn CPR

Cardiopulmonary resuscitation (CPR) can double the chances of survival for victims of cardiac arrest.

You and your family, including children, can learn the life-saving technique with the American Heart Association's Family and Friends® CPR Anytime® kit. The self-directed kit includes a personal, inflatable manikin, a DVD, and other accessories. It takes only 22 minutes to learn and can be done anywhere. For details, visit the American Heart Association at www.americanheart.org and search for Family and Friends CPR Anytime.

it's never too late

Even later in life, you can keep your risk low for type 2 diabetes with these four lifestyle choices:

1. **Get regular physical activity.**
2. **Limit the amount of alcohol you drink.**
3. **Follow a healthy diet.**
4. **Don't smoke.**

A 10-year study of adults over age 65 found that those who practiced all four of these habits had an 82% lower risk for type 2 diabetes. Keeping these habits, not being overweight, and having a waist size smaller than 35 inches for women and 36 inches for men led to an 89% lower risk.

Source: Archives of Internal Medicine, Vol. 169, pg. 798

falling furniture

Injuries caused by televisions or dressers tipping over onto children send nearly 15,000 kids to hospital emergency rooms every year.

Place TVs on stands low to the ground and secure them to walls with safety straps, L-brackets, or even Velcro®. Install drawer stops to keep drawers from pulling all the way out, to prevent dressers from tipping.

Other safety measures: Place heavy items on shelves close to the floor, and purchase furniture with wide legs or solid bases.

Source: Journal of Clinical Pediatrics, Online First, May 3, 2009

Medical Editor: William Mayer, MD, MPH
Medical Advisory Board: Victor J. Barry, DDS
• Renee Belfor, RD • Kenneth Holtyn, MS
• Robert H. Knopp, MD • Gary B. Kushner, SPHR, CBP
• Scott Musial, BS, MS, RPh • Vicki Rackner, MD, FACS
• Lester R. Sauvage, MD • Wallace Wilkins, PhD
For more information, visit HopeHealth.com

you can use

plan B

When bad weather keeps you indoors, have a plan B in place for exercise. Keep exercise videos on hand or consider investing in a treadmill. Find the indoor shopping malls in your area that open their doors early for walkers. It also helps to have a few walking partners. If one cancels, you'll have backup buddies to keep you motivated.

ask your pharmacist

Child-resistant caps are difficult for many people to open, but your pharmacy may be able to fill prescriptions with easy-to-open caps if you sign a release requesting the easy-to-open type.

Just take extra care to keep all medications away from children, especially when you carry them in a purse or suitcase and visit a home where children live.

100% guaranteed

No amount of alcohol is safe for a woman to drink during pregnancy, and there is no safe time to drink while you are pregnant.

Drinking alcohol during pregnancy is linked to Fetal Alcohol Spectrum Disorders (FASDs) that can include birth defects and problems in how a child grows, learns, looks, and acts.

The good news: FASDs are 100% preventable if a woman does not drink while she is pregnant.

Source: U.S. Centers for Disease Control and Prevention

FISCAL FITNESS

How to build a strong credit report

Building and keeping a strong credit report can help you get better interest rates on loans and mortgages, as well as make it easier for you to rent an apartment or home and get approved for other credit services. You might even be able to get a less expensive rate on your auto insurance. To make sure you have a good report:

- Always pay your bills on time.
- Avoid bouncing checks.
- If you're just beginning to use a credit card, consider a secured card to build in some self-restraint. A secured card requires you to put money in your account in advance. Then you can only spend the amount of money already in that account.
- Review your credit report at least once a year to make sure that it is correct and that you haven't become a victim of identity theft. You are entitled to at least one free report each year. For more information, visit www.annualcreditreport.com or call 1-877-322-8228.

- If you have a bad credit report, work to restore it over time. Pay your bills on time and stop using credit cards. Avoid credit repair firms that promise to make problems disappear. They cannot do anything for you that you can't do for yourself — for free.

Source: National Endowment for Financial Education



indoor allergies

Wash bed linens in 130°F water at least once a week to kill dust mites, one of the most common triggers of indoor allergies and asthma attacks. Washable mattress and pillow covers also help control dust mites. Use a vacuum cleaner with a HEPA (high efficiency particulate air) filter, and vacuum daily. Avoid feather dusters, which redistribute dust instead of actually removing it.

Look for allergy-sensitive products like fragrance-free bleach that can help you avoid the toxic fumes that can also trigger asthma and allergy attacks.

Other indoor allergy triggers: mold, cigarette and wood smoke, pet dander, and cockroaches.

Sources: American Academy of Allergy, Asthma and Immunology; Asthma and Allergy Foundation of America

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

© 2009 by the Hope Heart Institute, Seattle, WA
Institute Founder: Lester R. Sauvage, MD

Material may not be used without permission.

For subscription information, or reprint permission, contact: Hope Health, 350 East Michigan Avenue, Suite 301, Kalamazoo, MI 49007-3851 U.S.A.

Phone: (269) 343-0770 • E-mail: info@HopeHealth.com

Website: HopeHealth.com

♻️ Printed with soybean ink. Please recycle.

health yourself

SIDS & SAFE SLEEP

What anyone who takes care of a baby must know

To reduce the risk of Sudden Infant Death Syndrome (SIDS):

- **Always** put babies to sleep on their backs.
- **Keep the baby's crib or sleep surface in your room** for the first six months.
- **Use only a firm mattress** that fits snugly in a crib that meets current safety standards. Visit the Consumer Product Safety Commission at www.cpsc.gov or the Juvenile Products Manufacturers Association at www.jpma.org to learn about safe crib standards.
- **Sofas, chairs, pillows, and other soft surfaces** are never a safe place for babies to sleep.
- **Don't share a bed** with a baby.
- **Remove anything loose, soft, or fluffy from the crib**, such as pillows, blankets, soft toys, and crib bumpers.
- **Keep babies away from cigarette smoke.**
- **Take care not to overheat your baby** with too much clothing or too warm a room. A room temperature that would be comfortable for a lightly clothed adult is safest.
- **Experts recommend putting babies to sleep with pacifiers** up until their first year. Begin to offer a pacifier after the first month, when breast feeding has been established.

Sources: National Institute of Child Health and Human Development; First Candle, www.firstcandle.org

ENJOY YOURSELF

Proven strategies for beating stress

- **Socialize.** Laugh, cry, get angry, and express your feelings with family and friends. It's a great way to give and receive compassion and emotional support.
- **Every day, tell someone how much you appreciate them**, and take the time to say "thank you" for the things that make your life better.
- **Avoid drama as much as possible.** Overreacting and exaggerating increase anxiety and drain energy. When you find yourself predicting the worst, gently tell yourself, "that's not helping to change things."
- **Live in the present** instead of comparing it to the past.
- **Plan something you can look forward to** every day.
- **Don't blame yourself** for unexpected changes or events.
- **Take care of your body by getting regular exercise**, sleeping enough, and following a healthy diet.
- **Meditate, practice deep breathing**, or do a spiritual practice that has meaning for you.

Sources: De-Stress Kit for the Changing Times, from Doc Childre, the Institute of HeartMath; Yale Stress Center

"Dealing with stress is not about moving away from the negative, it's about moving toward the positive, doing things that make us happy."

— Douglas Mennin, Yale Anxiety and Mood Services Department of Psychology

Wisdom

A little goes a long way...

***"A little more kindness and a little less creed;
A little more giving and a little less greed;
A little more smile and a little less frown,
A little less kicking a man when he's down;
A little more "we" and a little less "I,"
A little more laugh and a little less cry;
A few more flowers on the pathway of life,
And fewer on graves at the end of the strife."***

— Author unknown

Source: Abounding Grace: An Anthology of Wisdom, by M. Scott Peck, MD, Andrews McMeel Publishing

Use colored glow sticks instead of candles in Halloween pumpkins to reduce the risk of fire and burns.



OCTOBER HEALTH OBSERVANCES

Breast Cancer Awareness

For both women and men: See your health-care provider if you notice any changes in your breast, including a lump, swelling, thick or firm tissue in your breast or under your arm; nipple changes such as discharge, tenderness, or a nipple inverted or pulled back; itching, redness, scales, dimples, or puckers on the skin. Women should have a yearly mammogram and clinical breast exam beginning at age 40 to screen for breast cancer. Talk to your doctor about earlier screening if you have a family history of breast cancer.

Sources: National Cancer Institute; American Cancer Society

Domestic Violence

Victims of domestic violence can get help 24 hours a day by calling 1-800-799-SAFE (7233). The hotline provides information on crisis intervention, safety planning, and referrals to agencies. www.ndvh.org.

Let's Talk About Prescriptions

Keep a list of all prescription medications you're taking in your wallet or purse. Include the doses and how you take each medicine. Learn more about how to track your prescription medications at www.talkaboutrx.org.

TRAVELERS' AID

Protect yourself from blood clots

On long airplane flights, get up and walk around at least once an hour. When driving long distances, make frequent stops to get out of the car and stretch your legs. Moving often will help protect against blood clots (also called deep vein thrombosis or DVT) that can sometimes be fatal.

These leg exercises can also protect against DVT:

- **Raise and lower your heels** while keeping your toes on the floor.
- **Raise and lower your toes** while keeping your heels on the floor.
- **Tighten and then relax** your leg muscles.
- **Move your ankles** in circles.

It's also important to drink plenty of water and avoid drinking anything with alcohol when sitting for long periods.

Leg swelling, pain, tenderness, and redness of the skin can be symptoms of DVT.

People who have been confined to bed because of illness, injury, or surgery and the elderly are also at higher risk for DVT. Talk to your doctor about how to prevent or lower your risk for DVT. Getting regular exercise, maintaining a healthy weight, and not smoking can also help prevent DVT.

Sources: National Heart, Lung, and Blood Institute; U.S. Centers for Disease Control and Prevention



BODYWEIGHT

What's right for you?

Experts are always telling us to stay at a healthy weight, but how do you know what that is? One measure is your Body Mass Index (BMI), which compares your body weight to height. A BMI lower than 25 can reduce your risk for heart disease, type 2 diabetes, and some cancers.

To calculate your BMI by hand, multiply your weight in pounds by 703, divide that number by your height in inches, and then divide again by your height in inches. The BMI for a 6-foot-tall person weighing 175 pounds would be:

$$1. 703 \times 175 = 123,025$$

$$2. 123,025 \div 72 = 1,708$$

$$3. 1,708 \div 72 = 23.7$$

$$\text{BMI} = 23.7$$

You can also calculate your BMI online at the American Heart Association Website at www.americanheart.org.

Source: American Heart Association

wellness

Testimonials

(continued from page 1)

“I lost 10 pounds and have no intention of returning to my old bad habits!”

“My blood pressure went down and is at a steady rate at the best range possible and my blood glucose is back to normal.”

“This is a GREAT program! It is nice to know that our state is interested in the wellness of its employees(citizens). AWESOME!”

“I’m just happy to report that since December I’ve lost 10 pounds. The Wellness program has given me great incentive to learn about, adopt new strategies toward and effectively improve my wellness quotient.”

“This program made me think each time I went to eat something. It made me very aware of how I was eating and changed some bad habits to good habits. Thank you for the help in the right direction.”

“We have told friends/family in other states about this program and they were very impressed!”

WEIGHT CONTROL

Sleep on it

In addition to following a healthy diet and exercising regularly, getting a good night’s sleep is important for weight control in both adults and children.

Lack of sleep can affect how fast your body burns calories as well as how hungry you feel. In one study, men who were sleep-deprived were more hungry and their cravings for foods like bread, pasta, cakes, and candy increased.

Another study showed that nurses who slept no more than five hours a night were more likely to gain weight than their counterparts who slept at least seven hours. Kids who sleep less than eight hours a night are also at higher risk for childhood obesity.

Lack of sleep may also start a vicious cycle. When you’re overtired you may not have the energy to exercise. Sleep-deprived people also have an increased risk for type 2 diabetes, because lack of sleep affects the way your body uses insulin.

Source: National Sleep Foundation

Protect your back when you lift heavy objects

- 1. Use your thigh muscles** rather than your back muscles.
- 2. Keep your spine in a straightline** and as close to vertical as possible.
- 3. Tighten your stomach muscles.**
- 4. Divide the weight** between your hands.
- 5. Keep your feet parallel** and flat on the floor.
- 6. Get as close to the object as possible.**
- 7. Squat or bend your knees**, then straighten, keeping your nose up and buttocks out.
- 8. Hold the object** as close to your body as possible.

*Source: Ergonomic Injury Prevention,
Group Health Cooperative of Puget Sound*